

OTTAWA

metro®

NEWS
WORTH
SHARING.

BAD INFLUENCE

AS BREAKING BAD WRAPS UP ITS FINAL SEASON, STAR BRYAN CRANSTON MUSES ON WHAT ROLE COMES NEXT AFTER WALTER WHITE. HINT: IT COULD BE ANOTHER EVIL BALD GUY

PAGE 8

Abused-men
site gets funding

1in6 Canada, a web-based resource for male victims of sexual abuse, will receive 120K in federal funding

PAGE 2

Song of summer
smackdown

Blurred lines? Get Lucky? Or none of the above? Metro rounds up the usual suspects on the pop charts

PAGE 7

**NO
NICKELBACK
GUARANTEE**

**LIVE
88.5fm**



Ottawa police investigate a fatal hit-and-run that occurred early Sunday morning on Frank Kenny Road between Russell and McFadden roads. JOE LOFARO/METRO

Turn yourself in, police urge killer driver

No witnesses. Ottawa police investigate fatal early-morning hit-and-run near Navan



JOE LOFARO
joe.lofaro@metronews.ca

Ottawa police are investigating a fatal hit-and-run after a motorist found a dead man lying in the middle of Frank Kenny Road early Sunday morning.

Police say they believe a car struck the man while he was walking along the road sometime between 5 a.m. and 5:30 a.m.

The man's identity has not been released, but police say he was 30 years old.

Acting duty Insp. John Medeiros said police don't have any information on the vehicle that was involved.

Frank Kenny Road was temporarily closed between

Russell Road and McFadden Road.

Police reopened the road shortly before 1 p.m.

A nearby resident who did not want to give her name said she did not hear or see anything this morning until a police officer knocked on her door to ask questions.

She has lived on Frank Kenny Road for nine years and said speeding cars is an issue in the area during the day and at night.

"I see a lot of police cars arresting or stopping a lot of cars," she said, adding that she doesn't see a lot of pedestrians.

There are no witnesses, Medeiros said, and the investigation continues.

Anyone with information is asked to contact the traffic collision investigation section at 613-236-1222 extension 2481 or Crime Stoppers at 613-233-8477 (TIPS), or toll free at 1-800-222-8477.

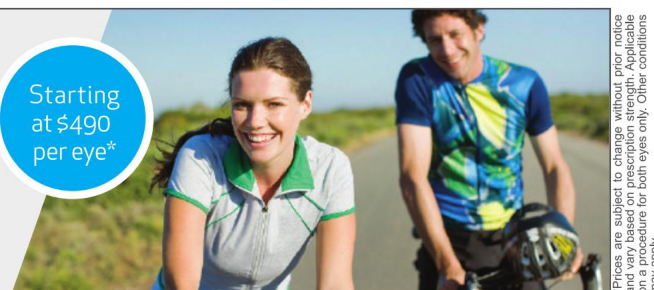
FREEDOM LOOKS GOOD ON YOU.

Begin a new journey this summer without glasses or contacts.

Book a free consultation at 1-877-769-3030 or lasikmd.com

LASIK MD
VISION

Starting at \$490 per eye*



*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Help coming for abused men

1in6 Canada initiative. Website for male sex-abuse victims gets federal funding



JOE LOFARO
joe.lofaro@metronews.ca

A web-based resource for male victims of sexual violence that aims to have a national audience will receive \$120,000 from the federal government.

Justice Minister Peter MacKay is scheduled to announce Monday that 1in6 Canada, an initiative of Ottawa-based non-profit organization The Men's Project, will receive the funding over two years. The money will populate 1in6.ca with articles on trauma and recovery, a searchable database for service providers such as The Men's Project, and training resources for mental-health services, police services and other organizations.

The Men's Project has been in Ottawa since 1997, special-

izing in healing programs for men who have experienced sexual or physical abuse as children. The name of the new program is in reference to the startling statistic that one out of every six men have been sexually abused before the age of 18.

Executive director Rick Goodwin said in an interview with Metro on Sunday there are only four free-standing agencies in Canada dedicated to male victims and he sees a need for more leadership in the, "men helping men sec-

tor."

"There is not a national voice for men, and the existing networks of services for victims of sexual violence are women-serving and will not engage with male service," said Goodwin. "So there is a vacuum there and we thought that it's about time."

Goodwin said his program was chosen to receive the funding after applying for it last year under the Department of Justice's Victims Fund.

"This funding for 1in6 Can-

ada will help support male victims of sexual trauma, as well as their friends, family and support networks," said MacKay in a news release. "It is vital that those who have suffered the devastating impacts of sexual abuse know that they have access to services that can help them heal and thrive."

The federal government says the funding will provide the public with education materials and "reduce the stigma associated with being a victim of sexual trauma."



Honouring Canadians who help give peace a chance

RCMP Cpl. Kofi Gordon, who served as a peacekeeper in the Democratic Republic of Congo and Haiti, poses for photos at the National Peacekeepers' Day in Ottawa on Sunday. The event gathered nearly 100 peacekeepers and marked the 65th anniversary of Canadian involvement in peace operations.

PATRICK DOYLE/THE CANADIAN PRESS

Hwy. 417. One man dead, woman injured in crash

A swerve to avoid a deer ended in tragedy on Highway 417 early Sunday.

Emergency services reported a 23-year-old man suffered a massive head injury and died after the vehicle he was travelling in rolled into a ditch. The man's 54-year-old mother was driving the vehicle and swerved to avoid deer before the rollover, sources said.

Ottawa Fire Services said just after 2 a.m. they received a 911 call for a smoking vehicle in the median on the 417 with further reports from the Ottawa Para-

Vehicle rollover

Paramedics said the man's mother was taken to hospital with minor injuries.

medic Service and Ontario Provincial Police indicating that someone was trapped in a vehicle rolled over in the ditch.

Firefighters extricated a 23-year-old man from the vehicle around 2:28 a.m. The man was taken to hospital without vital signs and pronounced dead. **METRO**

Found in seaway

Human remains discovered near Prescott

Ontario Provincial Police officers are investigating the discovery of human remains in the St. Lawrence Seaway on Sunday.

Officers responded to a call at 11:20 a.m. and discovered decomposed human remains in the water near the town of Prescott.

The office of the provincial coroner is leading the investigation at this time. A post-mortem will be scheduled to determine the identity of the deceased and cause of death, police said. **METRO**

Ritchie Street area. Police investigate Saturday shooting and assault

Ottawa police are looking for witnesses of a shooting that took place in the Ritchie Street area early Saturday morning.

A group of people are believed to have discharged a number of shots before confronting two victims and assaulting them around 3:50 a.m., according to police. The suspects fled and the victims were hospitalized for non-life-threatening injuries.

The troubled neighbourhood has been the scene of other violence in recent

months. In June police were called to a woman's home after a bullet was fired through the front window of a woman's residence. In May, 24-year-old Malik Adjokatchar was gunned down, in the city's fifth homicide of 2013.

Anyone with information in the most recent incident is asked to contact the Ottawa police guns and gangs unit at 613-236-1222 extension 5050, or Crime Stoppers at 613-233-8477 (TIPS) or toll-free at 1-800-222-8477.

JOE LOFARO/METRO

Hop onto Ontario's craft-beer scene with Brewify website

Craft beer survey?
It's a chore, perhaps, but we suppose someone's gotta do it



GRAHAM LANKTREE
graham.lanktree@metronews.ca

Craft beer made in small batches by a legion of Canadian startups has expanded so fast it's hard to decide which brew to try first, but one Ottawa aim to reduce the clutter ahead of National Capital Craft Beer Week.

"There's no one doing a good job of checking out Canadian craft beer," said Matt Tanner, founder of Brewify.ca, an online review site he launched in early July. "The whole mission is helping people discover what's out there."

The craft beer community in Ottawa has exploded in recent years, with some 12 or more small breweries calling the city home, including Beyond the Pale, Beau's All

Natural Brewing Co., Big Rig, Broadhead and the Kichesippi Beer Co.

Craft beer, said Tanner, is anything made by an independent brewery in small batches with a focus on quality, not quantity, and recipes you won't find anywhere else.

Brewify isn't a true smartphone app, but uses responsive design so that it's tailored to the screen of any device you use to view it.

"It started off as an experiment in web development," he said. "A lot of my friends got into the idea."

There is a real thirst out there to learn more about beer in general, said Tanner, who plans to expand the site's descriptions of the different styles of beer and how they're made. But right now, he said, he's focused on getting up two to three reviews a week.

"All the reviews follow a similar format," Tanner added, pointing out that he takes note of a beer's pour, colour, immediate taste and where you can get your hands on it. Users can also add their comments to each review after they've had a taste for them-



Matt Tanner, founder of Brewify.ca, shows off his online review site devoted to all suds of the Ottawa variety. GRAHAM LANKTREE/METRO

selves.

At National Capital Craft Beer Week, which started Aug. 9, Tanner said he hopes

to add a whole lot more reviews to the site with the help of another writer. With a critical mass of reviews under

his belt, he has high hopes for Brewify, with plans to launch a second phase of the site that expands beyond Ontario

brews to cover all of Canada.

National Capital Craft Beer Week runs until Aug. 17. Tickets start at \$15.

Cops issue warning over asphalt scam in Gatineau



Gatineau police are warning residents about buying asphalt from these men. COURTESY GATINEAU POLICE

A trio of men with strong U.K. accents selling asphalt door-to-door have duped Gatineau residents with a deal that is too good to be true, say Gatineau police.

"The suspects falsely claim to work for an existing company established in the region," says Gatineau police spokesperson Pierre Lanthier. "They put a lot of pressure for the decision on the spot. The work does not

match what was heard and is of poor quality."

According to Lanthier, the men have contracts stolen from a legitimate company that they present to victims to sign. They tell customers that the asphalt is surplus or recycled and that they are already working in the area to explain the "excessively low prices" for their work, police said.

A series of complaints

alerted police to the scam and they advise people to watch for the men who are often dressed in orange bibs and travelling in a white utility vehicle. They say the men's accents are likely Scottish or Irish.

The scammers may not be new to the Ottawa area.

Last August in Ottawa Moe Abbas, owner of Ottawa General Contractors, warned that his mother,

who lived in Nepean, had been targeted by a driveway scammer with blue eyes and an Irish accent. In that case the man accepted \$7,000 for a job and then never finished the job.

Anyone with information about the scam or who knows the men is asked to call Sergeant Jonathan Lamontagne at 819-243-2346, ext 6230.

GRAHAM LANKTREE/METRO

Lake Superior

Senior drowns after canoe capsizes

Ontario Provincial Police have identified a Kingston, Ont. man as the person who died after a canoe capsized on Lake Superior along the shore of Pukaskwa National

Park.

Officers say two men were entering the mouth of the White River along the shore of the lake on Saturday afternoon when their canoe spilled them into the water.

One man made it to shore but police say the other was swept away by the current.

They say the man who made it to shore contacted

emergency services and the Joint Rescue Coordination Centre in Trenton, Ont.

A search and rescue aircraft located 73-year-old Erhard Fenzl about 500 metres off shore.

A national park boat vessel retrieved the man, but he was pronounced dead at the scene after repeated revival attempts.

THE CANADIAN PRESS

Search on for suspect

Teen sexually assaulted by masked man in west end: Police

Ottawa police are on the hunt for a masked man who allegedly attacked and sexually assaulted a teenage girl in Kanata

Thursday.

At 10:30 p.m., Aug. 7, police said the 17-year-old victim was walking in Walter Baker Park near the Kanata Recreation Centre Arena when the attacker came up behind her and touched her inappropriately.

After the attack, the man ran off in the direction of the arena.

The girl described him

as standing six-feet-tall with broad shoulders and dressed in dark clothing, including a dark hoodie. He was wearing a black face-covering mask.

Police are asking those with information on the attack to contact the Ottawa Police Sexual Assault/Child Abuse Section at 613-236-1222, ext. 5944 or Crime Stoppers at 613-233-8477. HELEN PIKE/FOR METRO

Accident kills experienced balloon pilot

International Balloon Festival. The 26-year-old was son of a pilot, went to festival since boyhood

An international hot-air balloon festival took a tragic turn on Sunday when a 26-year-old pilot died south-east of Montreal.

Maxime Trepanier had been taking part in the festivities at the 30th edition of a popular festival in St-Jean-sur-Richelieu.

Marie-Claude Beauvais, a festival spokeswoman, said the accident happened in nearby Mont-St-Gregoire, perhaps while the hot-air balloon was landing.

Beauvais said Trepanier was an experienced pilot and had been involved with the festival since he was a boy.

"He was very close to the festival family," said Beauvais, visibly shaken as she addressed reporters on Sunday.

Trepanier's father was also a festival pilot.

Investigators were on the scene trying to determine what caused the accident, which happened at 7:30 in the morning, said police.

The festival began on Saturday and runs until Aug. 18.

Beauvais said events would continue through the week but hot-air balloons would remain grounded on Sunday night in tribute to Trepanier.

According to its website, the International Balloon Festival of Saint-Jean-sur-Richelieu is "the biggest gathering of balloons in Canada," drawing 450,000 visitors a year.

The Transportation Safety said it would send investigators to look into the accident.

THE CANADIAN PRESS



Two young boys laid to rest after being slain by python

Mandy Trecartin, back left, and Andrew Barthe follow the casket at the funeral for their sons Noah and Connor Barthe at St. Thomas Aquinas Roman Catholic Church in Campbellton, N.B., on Saturday. The two young boys were killed by a python while they slept in an apartment above an exotic pet store earlier in the week. ANDREW VAUGHAN/THE CANADIAN PRESS



RBC Royal Bank

MUCH MORE FOR



For \$4 a month, RBC Day to Day Banking® gives you more for every dollar.

Get up to
\$100
in gift cards*.

VISIT AN RBC BRANCH AND SWITCH TODAY!
rbc.com/daytoday
1-866-335-2395

Advice you can bank on™

©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. * To get \$100 worth of gift cards/certificates, you will need a total of 12,000 RBC Rewards® points. To learn how, and for full offer details, go to rbc.com/termsandconditions.

You booze, you lose?

Yeah, 'I let my hair down,' T.O. mayor says of new video



Mayor Rob Ford, left, on Friday.
COURTESY JAIME CASTILLO

Toronto Mayor Rob Ford said he had a couple of beers at a street festival Friday night but contended videos that have sparked a torrent of criticism are being blown out of proportion.

"Did I have a couple beers, absolutely I had a couple beers," Ford told his weekly radio show.

"I had a good time, I let my hair down."

Many people took to Twitter to criticize the mayor, accusing him of being drunk. But Ford says he doesn't think he did anything that would offend anyone.

There have been several media reports in the past of Ford appearing intoxicated in public.

THE CANADIAN PRESS

Suspect shot dead. Teen and abductor stood out in wild: Horseback riders

The four horseback riders who encountered a California teen and her abductor said Sunday that they decided to contact police because the pair seemed out of place and ill-equipped for the Idaho wilderness.

Mark John said the man, who he later identified as the wanted James Lee DiMaggio, 40, wasn't friendly and carried only a light pack. The girl, 16-year-old Hannah Anderson, was wearing pyjamas.

DiMaggio was killed by authorities Saturday.

FBI agents are processing evidence at the campsite in central Idaho's Frank Church

River of No Return Wilderness.

The mountainous area is extremely steep, and the closest point where the helicopters could drop the FBI Hostage Rescue Team was more than a two-hour hike away. The agents crept close to the camp, waited until DiMaggio and Hannah separated, and then moved in.

The case began when the charred bodies of Hannah's mother, Christina Anderson, 44, and the teen's eight-year-old brother, Ethan Anderson, were found on Aug. 4 in DiMaggio's burning house outside San Diego.

THE ASSOCIATED PRESS



James Lee DiMaggio, 40, left, was suspected of abducting family friend Hannah Anderson, 16. SAN DIEGO SHERIFF'S DEPARTMENT/THE ASSOCIATED PRESS FILE

Real estate. New data muddies predictions for housing market

Canada's much-watched housing market is sending out mixed signals these days — even for analysts.

A spate of fresh data and yet one more market-cooling tweak from Ottawa last week has put one of the most important sectors in the Canadian economy, and the most important asset-source for most Canadians, on a kind of death watch.

That's because while some of the data, such as home prices and starts, is pointing to the soothing "soft landing" that homeowners, economists, banks and politicians are fingers-crossed hoping for, others, like land purchases and building permits suggest the real message is: the crash is coming.

Last week, Statistics Canada reported that building permits in the residential sector fell 12.9 per cent in June, and permits for multi-unit dwellings — mostly condos — sank even further by 18.8 per cent.

Even more frightening, research conducted by RealNet Canada found that in some of the bigger markets — Toronto, Vancouver and Calgary — residential land investments for future home building has already crashed through the floor, plunging 51, 52 and 30 per cent respectively.

Muddying the picture is that a new temperature reading of the housing market from the Canadian Real Estate Association is likely to show that home sales are doing just dandy and likely rose significantly in July, along with average home prices.

But David Madani of Capital Economics says it is the calm before the storm. Or as he put it in a note to clients — "home-builders are having a Wile E. Coyote moment" as when the perpetually ill-starred cartoon character realizes he has overshot the cliff and looks down to see nothing but air under his feet. **THE CANADIAN PRESS**



Is the Canadian housing market in for a hard or soft landing? Confusingly, new figures point to both possibilities. **THE CANADIAN PRESS FILE**

It lifts and separates — and then lights up

Flash your assets.

California clothing-maker predicts that illuminated apparel, like this LED bra, will soon be the norm



KATHRYN GILBERT
Metro World News

After five and a half years working in electronics for the U.S. navy, Nick Kneuper went to a music festival and saw a piece of technology that caught his eye. And lo and behold, Electric Styles was born: an apparel brand that brightens your wares with electroluminescent wiring. The two-year-old Californian company lights up a variety of clothes, from bras to hoodies. Metro chatted to the ex-military man about his LED push-up bra, a \$60-to-\$70 US number powered by two AA batteries.

Why light up a bra?

Well, my girlfriend wore one to a club and the girls there went crazy over it.

Do you have any celebrity fans?

One of the top 20 most recognizable actresses in America is going to wear one of our bras in a 2014 feature film. But our clothes have been everywhere



A model flaunts an LED light-up bra made by California company Electric Styles. **ELECTRICSTYLES.COM**

— (Brazilian actor) Rodrigo Santoro was wearing a light-up hoodie on MTV.

Which celebrity would you love to wear your bras?

All of them! But especially Megan Fox — I think she would love them.

Do you think one day people will wear light-up bras to the shops?

I think so. Culture is moving in the direction where light-up clothing is going to be every day. Also you can wear them under T-shirts so they shine through. Anyway, in a couple

of years light-up clothing will be the norm.

Would you make matching underwear?

Every girl asks for that. It's difficult though because it's too flimsy — there's nowhere to put the battery pack.

CGAs can work in Canada or in Россия, or in भारत, or in 中国.

The CGA designation opens up more opportunities in any industry in almost every country around the world. And more is always better than less.

The next enrolment deadline is August 27th, 2013.

BECOME A CGA
CGA-DoMore.org/enrol



We see more than numbers.

YOU'RE THE KEY TO TRANSIT SAFETY



URBAN COMPASS

Steve Collins

ottawa@metronews.ca

You may have read about the OC Transpo driver who got smashed in the face by a passenger on the 99 for being late.

Last year, of 62 reported incidents, 28 involved physical abuse to drivers. That's about one assault every two weeks. I doubt many of us, whether we work in an office or at a fast-food counter, worry daily about the possibility of an ass-kicking from customers.

Frustration is part of the public transit experience. It's usually not the drivers' sole

fault, but they're doomed by proximity, right there to absorb all the dirty looks and angry tirades.

Maybe the uniforms trigger some people's problems with authority, or suggest to them that there are different sides on the bus, us and them.

One of my neighbours drives a bus, so I've seen her out of uniform, nursing a beer or a coffee. I can attest that she (and by inference probably everyone else behind the wheel at Transpo) is an actual human being.

We chat while our dogs wrestle, and she's accused me of occasional Transpo "bashing" — and, OK, guilty.

She also maintains that most incidents of abuse against her co-workers go unreported, estimating that most days, someone spits on a driver (There were only 22 such incidents reported last year).

The drivers' workplace is everywhere you need to go, whenever, and guaranteeing their security at all times is a tricky proposition.

Officials propose fixes, from the technical (cameras or physical barriers to protect drivers) to the legislative (the federal Liberals want to increase the penalties for assaulting transit employees) to the regulatory (HRSDC has given Transpo until the end of the month to come up with a workplace plan to protect drivers).

Some individual drivers forgo wearing seat belts in order to avoid being trapped in their seats when a passenger gets physical, and some reportedly keep their ice scrapers handy year-round for self defence.

Hollaback Ottawa has been grappling with what seems to be the same problem from a entirely different perspective, drawing attention to public harassment, especially of OC Transpo passengers.

They're trying to work with the city but also encouraging regular people to get involved, and that should be part of any measure to reduce bus-driver harassment too. What if the public (that's you) actually started taking ownership of public transit and what happens aboard?

I'm not calling on anyone to disable gangs of knife-wielding goons with sweet martial-arts moves, just suggesting it become standard practice to speak up when you see something wrong — and perhaps make judicious use of power of numbers.

In most cases, you and everyone else on the bus outnumber the jerk or jerks. Would they think twice if they knew they weren't just tangling with a vulnerable driver or a lone passenger but with a whole busload of riders united in a desire to just get home, already, and sick of this crap? If someone's making trouble on your bus, they're making trouble for you.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca



Ajoy Pinto CONTRIBUTED

A great loss for our Metro family

Ajoy Pinto was a beloved member of the Metro family for seven years.

Thousands of readers met him through his work in the marketing and promotions department. Ajoy personally contacted Club Metro contest winners from coast to coast

and regularly attended Metro events.

We're grateful to have known such a passionate, gentle, funny and talented man.

His sense of humour and kindness will always be remembered.

Ajoy Leon Pinto

Born: April 22, 1977

Passed away: Aug. 9, 2013

Beloved son of Tony and Alphonsa.

Brother of Arjun and Lisa. Marketing dude. Visual artist. Photog. Sports junkie. Early adopter. Foodie. Movie buff. Baseball fan. In lieu of flowers, donations can be made to the Gerry & Nancy Pencer Brain Trust.

Visitation and funeral will be at a Toronto location this week.

"If the World were perfect, it wouldn't be."

— Yogi Berra

ZOOM

How do you pick where to picnic?



PETER KLAINZER/KEYSTONE/THE ASSOCIATED PRESS

This piece is a little bit patchy

People picnic on a huge picnic blanket Sunday on the Ruggisberg near Roggwil, Switzerland. The picnic blanket is an art installation called Bignick by the artistic twin brothers Frank and Patrik Riklin.

GETTY IMAGES

Embedded in society

"It should be placed in the middle of society, not in the museum! The best pieces of art are not recognized as such."

Frank Riklin said on his website. The duo began creating interventions in public spaces 10 years ago while they were both studying at art schools separately in Zurich and Berlin.

Playing jokes like when they were kids

Their projects often engage with people who become actors in a performance. Sometimes their works have social implications that are partly a gag, and part philanthropy.

One project is a shabby phone that the twins installed

on the side of the town hall building in Chur, Switzerland, that functions to raise money for deaf people. The potential donor calls a number and establishes how much they would like to donate to the project. At that point the telephone set up in Chur rings, and any passerby who answers the call saves the donation from dropping. **METRO**

Find out why Robin Thicke and Icona Pop think their multiplatinum hits should be named “song of the summer.” And for Miley Cyrus, Daft Punk and Bruno Mars, who weren’t available to chat, here are some lyrics from their anthems to defend their honour.

THE ASSOCIATED PRESS

You know you want it

Blurred Lines: Robin Thicke, featuring T.I. and Pharrell
“It has a (nice) tempo, it has a sense of humour and it feels like live music instead of that synth and digital sound, which Daft Punk has (with Get Lucky) and (Bruno Mars’) Treasure has,” Thicke said of his infectious, naughty jam, the longest-running song on the Billboard Hot 100 chart this year at eight weeks (and counting).



5

song of summer contenders



Can't stop, won't stop

We Can't Stop: Miley Cyrus
“It's our party we can do what we want to, it's our house we can love who we want to, it's our song we can sing if we want to, it's my mouth I can say what I want to,” Cyrus sings on her musical coming-out anthem that was originally meant for Rihanna. She's ready for the spotlight.



Call it luck

Get Lucky: Daft Punk, featuring Pharrell
“We've come too far to give up who we are, so let's raise the bar and our cups to the stars,” Pharrell sings on a disco-flavoured beat that heals the soul. “The present has no ribbon, your gift keeps on giving, what is this I'm feeling, if you wanna leave I'm with it.”
Sounds like a plan!

A 2012 song dominates in 2013

I Love It: Icona Pop, featuring Charli XCX
“People get wild when they hear it and it's like liberating and everybody can sing along to it. It's a party song or it's at least a song you can party to even though the message is coming out from a really hard heartbreak,” said Caroline Hjelt of the Swedish duo. “If you're in the car on your way to something or festivals or pre-parties or out at the club, it works in so many ways.”



Golden hit from pop's golden boy

Treasure: Bruno Mars
“Pretty girl, pretty girl, pretty girl, you should be smiling; a girl like you should never look so blue,” Mars sings in a matter-of-fact manner over a welcoming beat on his 11th top 10 hit. “You're everything I see in my dreams, I wouldn't say that to you if it wasn't true.”
How sweet.



2 SCENE

EVERY STEP BRINGS YOU CLOSER TO THE EDGE

PRODUCED BY ACADEMY AWARD® WINNER PIERRE MOULLOUET

MICHAEL B. JORDAN MELONIE DIAZ AND BETANIA SPENCER

FRUITVALE STATION

IN THEATRES AUGUST 16

You could
WIN
advance screening
passes to see
FRUITVALE STATION
on August 14th



No purchase necessary. Terms & conditions apply.
For full contest details and conditions, visit clubmetro.com

LIAM NEESON GARY OLDMAN AND HARRISON FORD

AMBER HEARD

IN A WAR BETWEEN KINGS

PARANOIA

EVEN A PAWN CAN CHANGE THE GAME

IN THEATRES AUGUST 16

You could
WIN
advance screening
passes to see
PARANOIA
on August 15th



No purchase necessary. Terms & conditions apply.
For full contest details and conditions, visit clubmetro.com

SCHOLARSHIPS ARE FOR *Everyone*



OVER **\$100 million** available



Scholarships are not just about grades



Scholarships are not just from schools



Scholarships are all year round

Sign Up. Get Matched. Start Today.

www.ScholarshipsCanada.com



SCHOLARSHIPS CANADA.com

Bryan Cranston to be the next Lex Luthor?

Breaking Bad again.

Actor's bald look from his career-defining TV role makes him a top pick for the villain in Superman flick

NED
EHRBAR

Metro World News in Hollywood

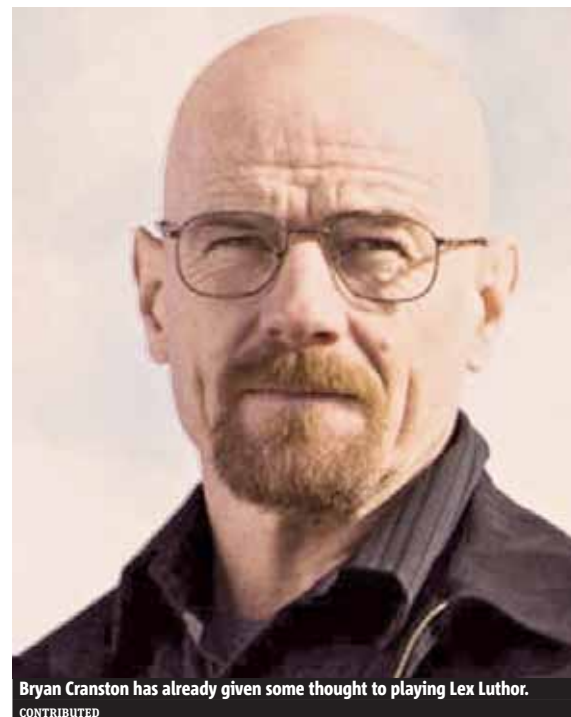
Casting rumours for the Man of Steel sequel have ramped up online, with speculation swirling about who will play Batman and main Superman villain Lex Luthor.

Given his career-defining run as the good man gone bad — with a shaved head, to boot — on Breaking Bad, it's no surprise that Bryan Cranston is the main name popping up. So how does Cranston himself feel about the idea?

"Give me a call," he says with a grin. And to hear Cranston tell it, he's already given some thought as to getting into Luthor's psyche.

"I like Lex Luthor. I think he's misunderstood. He's a loveable, sweet man," Cranston says.

Should he sign up for yet another iconic hairless villain though — the film is set for release in the summer of 2015 and would likely shoot next year — at least one person might not be so thrilled: his wife. "She wasn't so keen on the bald head," Cranston ad-



Bryan Cranston has already given some thought to playing Lex Luthor.

CONTRIBUTED

Hair today, gone tomorrow

"She wasn't so keen on the bald head. The bald head ages a man."

Bryan Cranston on his wife's reaction to the "hairstyle" he had to take on in Breaking Bad and will have to keep if he plays Lex Luthor.

mits.

"The bald head ages a man. It's just that she didn't know me that way, and the last six years it's all of a sudden like

sleeping with a stranger — who was less exciting than her own husband.

"So I don't blame her for being upset."



You could
WIN
advance screening
passes to see
**LEE DANIELS'
THE BUTLER**
on August 14th



No purchase necessary. Terms & conditions apply.
For full contest details and conditions, visit clubmetro.com

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Oh baby, it's been quite a week with the Kardashians

Just in case you needed to know what is up with America's favourite Armenian family, it looks like Kourtney Kardashian has some explaining to do. On Thursday, Michael Girgenti, a professional model, filed a paternity suit in Los Angeles County Superior Court, saying that he had a one-night stand with Kardashian. Which wouldn't be all that noteworthy, except he is saying her son Mason is actually his and

not Scott Disick's. The model is now seeking joint custody of Mason. Kardashian's lawyer, Shawn Holley, said in a statement that Girgenti's accusations are "false and defamatory."

Meanwhile, sis Kim Kardashian is still refusing to sell pictures of baby North West. TMZ is reporting that she and baby daddy Kanye West have been offered upwards of \$3 million for pictures of the tot, but they have declined all offers. Per the website, Kim and Kanye are either going to release them to an upscale publication (Vanity Fair is reportedly being thrown around) or they are going to put them up on social media, a la Blue Ivy.



Chris Brown ALL IMAGES GETTY

Brown suffers seizure but avoids hospital visit

Chris Brown reportedly suffered a seizure at a Los Angeles recording studio Friday, according to E! News. "Chris Brown suffered a non-epileptic seizure," his rep says. "He was not hospitalized. His doctor tended to him and attributes the (seizure) to intense fatigue and extreme

emotional stress, both due to the continued onslaught of unfounded legal matters and the non-stop negativity." An ambulance responded to a 911 call directing them to the Record Plant recording studio, but once they arrived Brown reportedly refused to be taken to the hospital.



Vince Vaughn

Vince Vaughn celebrates birth of second child

Vince Vaughn is a dad once again. The Wedding Crashers star and his wife, Kyla Weber, welcomed their second child, a boy, last week, according to Us Weekly. The baby boy, named

Vernon Lindsay Vaughn, joins two-year-old big sister Locklyn Kyla Vaughn. Vernon arrived weighing in at eight pounds, four ounces at a hospital outside of L.A.

Twitter



@bobsaget

I don't like to drink alone 'cause there's nobody to fight with.



@billmaher

I'm leaving for a real vaca. To an island. If u dont hear from me in a week im off the grid! 2 wks call for help, Putin's got me!



@SarahKSilverman

I'm hiding. Hint: I'm in a ball in my bed!

OSM ORCHESTRE SYMPHONIQUE DE MONTRÉAL

Presented by Hydro Québec

Couche-Tard

LA VIRÉE CLASSIQUE

A COOL CLASSICAL JOURNEY

DIRECTION MONTRÉAL DESTINATION OSM

AUGUST 16-17

30 concerts x 45 minutes



Canadian Brass

SATURDAY AUGUST 17 > 3:45 P.M.
Maison symphonique de Montréal

Program >
Mozart, J.S. Bach, Schumann,
Lennon-McCartney, G. Bizet

Enjoy a special rate at Hyatt Montreal starting at \$125*

TICKETS \$10 TO \$30

taxes included

DETAILS AT OSM.CA

laplacedesarts.com

Hyatt Montreal

ibco Natrel

Fun chores

Matching up missing socks

Our clothes dryer seems to be a Bermuda Triangle for socks and I'm sure yours is the same. They go in as a pair, but come out individually on different occasions.

When a sock comes out on its own, I throw it into a container.

Each time I do laundry and a new batch of one-sided socks come out, I make it into a fun matching game for the kids.

I have them go through all the new socks and the socks in the container to see if there are any matches. The kids have fun searching for matches and it always results in a few happy sock reunions!

GWEN LERON/YUMMYMUMMYCLUB.CA

Safety tips

Taking your children into crowds

If you are going into a crowded venue with young children, here are three easy safety steps you can always employ to ensure their safety—and your sanity.

1. Put your business card in the child's pocket.

2. With a marker, write your cellphone number on the back of the child's hand.

3. Take a photo of each child with your phone. Should you become separated from a child, it will be easier for you to be reconnected.

EVELYN HANNON/
YUMMYMUMMYCLUB.CA

Exclusively Online

Read comedic (mis)adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/voices



Life according to kids

Lessons. We could learn a lot from our children — like friendliness, curiosity and simply saying hello

TANYA ENBERG

yummymummyclub.ca

With a baby comes the old neighbourhood lady in the faded floral frock.

Sitting on our front porch bench is the only cue this woman needs to climb our stoop and, using a squeaky, high-pitched voice, repeatedly tell our child she loves him.

She also calls out an onslaught of orders (she wants him to shake her hand, wave, smile and clap). That he's not a circus monkey willing to perform tricks on demand only makes her press harder. "Shake my hand! Here! Here! Shake my hand!" she says over and over.

We don't know this woman. In fact, she barely acknowledges us, which makes this all more than just a little strange.

We suspect she's lonely, that this small interaction makes her day, so we're patient.



Adults, take notes from kids and smile at people you pass by instead of avoiding eye contact at all costs. ISTOCK

Of course this overzealous, baby-induced behaviour is not exclusive to her. Nothing turns presumably sane folks into big piles of goo-goo-ga-ga mush quite like fresh-faced, apple-cheeked babies.

Indeed they can inspire even the grouchiest of adults to start babbling nonsensically like oversized infants.

It's understandable — getting treated to a little squish's

gummy grin is like being hugged inside and out.

It is somewhat addictive, really. We find them irresistible because they are refreshingly open to the world and fascinated by the people in it.

For instance, our son doesn't turn steely-faced when someone looks his direction. He doesn't try to avoid eye contact by sticking his nose in a giant picture book.

Like his very huggable peers, he's not cynical or greedy and he doesn't know how to lie. He is naturally warm and kind, and has boundless amounts of unbridled curiosity.

Parents, don't you just wish you could bottle this innocence, wonderment and untarnished state of being and hold onto it forever?

If only we could keep just

some of that spirit alive.

The number of passersby willing to wave, giggle, coo and play peek-a-boo with unfamiliar children is astonishing, but the rate at which they close down the instant they see another grownup is depressing.

For a moment, like the creaky lady who lives up the street, they've made a connection. Then, just as quickly, they've hardened up, put on a coating of thick, impermeable skin, and set off again.

Certainly I am not suggesting we go around greeting everyone like overexcited puppies, but basic civility wouldn't be too much to ask for, would it?

We could simply acknowledge one another. Smile. Say hello.

We could learn a lot from these tiny, happy creatures that so easily draw us out of our protective shells.

After all, we were once just like them, smiling, laughing and loving fully. Living vivaciously and unselfconsciously and inquisitively.

And, finally, we were appreciative of the simple things in life, and that truly is no small thing.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD



He's got those home from camp blues

How can parents help transition kids from exciting camp life back to the reality of home?

A welcome home party

When my son went to camp for the first time, he was greeted with "Welcome Home" signs, giddy siblings, neighbours, cousins and friends. We had his favourite meal ready for him and the kids had an evening in the pool. Coming home felt

pretty darn good.

Plan activities

Don't let them come home and wallow in boredom. Remind them that being home is fun too and plan some fun family outings.

Support new interests

Maybe they learned a bit of guitar, enjoyed being in the camp play or discovered they had

a flare for arts and crafts. Joc Palm, Director of Glen Bernard Camp suggests encouraging them to continue with these interests with local classes. Supporting their new camp interest at home is a positive step in helping with the transition home. Palm also suggests that campers contribute to a school or community project that embodies their camp's values. Camp has fostered an incred-

ible appreciation of nature for my girls. As a result, they have been involved in projects and protests that make both them and their camp proud.

Pen pals

When my son comes home from Camp Ponacka, he is holding on tight to his "Rag Bag" — a journal given to all of the boys including email and snail mail addresses. Camp Director Anne

Morawetz says encouraging the boys to keep in touch makes being away from their summer buddies a little less painful.

Social media

If your kids are on social media, they can stay connected with camp through Facebook and other channels. It is a great way for a child to keep that connected feeling to camp.

JULIE COLE/YUMMYMUMMYCLUB.CA

What's black and white and yummy all over? This dish



This Soy Maple Sesame Crusted Chicken dish serves four. COURTESY ROSE REISMAN

ROSE
REISMAN
rosereisman.com

This is a simple and delicious trendy Asian chicken dish that goes well over soba noodles.

The sesame seed coating gives a crunchy texture to this meal. If you can find the black and white mixed sesame seeds, the appearance is enhanced.

1. Preheat the oven to 375 F (190 C). Line a baking sheet with foil sprayed with vegetable spray.
2. Combine egg and milk, dip chicken breast in wash, then in sesame seeds, and salt and pepper. Place on baking sheet and bake 15 minutes or until the temperature reaches 160 F (71 C). Let cool for 5 minutes.
3. Boil soba noodles until just tender (about 5 minutes). Drain and place on serving dish. Place chicken otop.

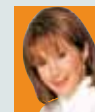
Ingredients

- 1 egg
- 2 tbsp 2% milk
- 1 lb (500 g) boneless chicken breast
- 1/2 cup (125 ml) toasted sesame seeds
- pinch of salt and pepper
- Soy maple glaze**
- 1/4 cup (60 ml) soy sauce
- 1/4 cup (60 ml) maple syrup
- 2 tsp (10 ml) cornstarch
- 4 oz (125 g) soba noodles
- 2 tbsp (30 ml) chopped cilantro for garnish

4. To make the soy maple glaze: Place soy sauce, maple syrup and cornstarch in a small saucepan and whisk until the cornstarch is dissolved. Bring to a boil and simmer for 2 minutes just until slightly thickened.
5. Drizzle glaze over chicken and garnish with cilantro.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Brunch is the quintessential weekend meal, but some staples are loaded with calories, fat and sodium.



Omelette, 4 sausages, hash browns, 2 biscuits, whipped butter

2,200 calories / 140 g fat / 5,700 mg sodium

It has more than a day's calories, two days of fat and four days of sodium!

Equivalent

A plate of omelette, four sausages, hash browns, two biscuits and whipped butter is equivalent in sodium to four 235-gram bags of Ruffles Regular potato chips.



Omelette (ham-cheese) veggies, fruit, English muffin and bacon

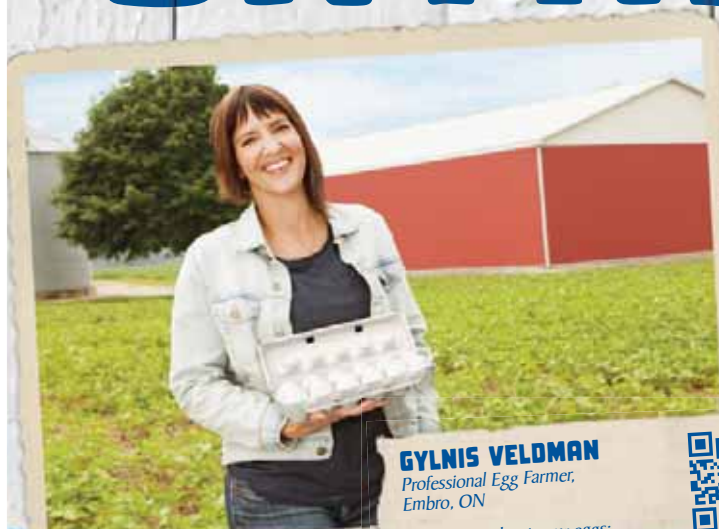
900 calories / 61 g fat / 1,800 mg sodium

This choice is filling and more nutritious. Enjoy it on a weekend only.

ONTARIO EGGS

FROM FARM TO STORE IN 5 DAYS

It might surprise you to know that the eggs you buy at your grocery store are produced by over 440 egg farming families across Ontario. Those eggs make their journey in only 4 to 7 days. Good food travels fast.



GYLNIS VELDMAN
Professional Egg Farmer,
Embro, ON

Learn more about your eggs:



WHO MADE YOUR EGGS TODAY?

EGG FARMERS
Ontario.ca

Does earlier to rise mean later to wise?

Drowsy at the desk.

The debate about ideal school start times snoozes on as parents worry about an extra-curricular collision

Quinn Cooney of Mill Creek, Wash., is excited about starting high school in September, but she's not looking forward to waking up at 5:30 a.m. to arrive on time. Classes for ninth-graders start at 7:30 a.m., 45 minutes earlier than they did in middle school.

"I think it is going to be harder to get up," said Quinn, 13. "I do think it is better to start early so that we can be finished early and do things after school, but I am worried that if I have a boring class for my first period that it will be hard to stay awake."

Decades of sleep research have confirmed what parents know: It's hard for teenagers to wake up early. Some high schools have adopted late starts around 8:30 a.m. to improve attendance and performance. But other districts say it's too complicated to shift schedules because of logistics involving buses and after-school activities.

About 40 per cent of U.S. public high schools open before 8 a.m., according to the U.S. Department of Education's National Center for Education Statistics, with just 15 per cent starting 8:30 a.m. or later. In districts where early starts are necessary because the same bus does multiple runs for high school, middle school and elementary students, teens often get the early shift.

That's the case in Anne Arundel County, Md., where



Studies have shown that young children are natural larks — up with the sun — while adolescents become more owl-like as puberty progresses. ISTOCK

public high schools start at 7:17 a.m. and buses start running at 5:50 a.m. Lisa Rodvien taught high school there, in Annapolis, and says attendance at her first-period classes was "as low as 50 per cent or below."

It's about time

Still, advocates say several studies show the benefits of late start schools outweigh the drawbacks.

- In 1996, high school start times in Edina, Minn., changed from 7:20 a.m. to 8:30 a.m. The change improved attendance, decreased tardiness and left kids more alert, better prepared and even less depressed and less likely to visit school nurses, according to studies led by Kyla Wahlstrom, director of the Center for Applied Research and Educational Improvement at the University of Minnesota.

Among those who showed up, "I would definitely see three or four kids with their heads down. You walk over to them to wake them up and get them to sit up, and you see that they're exhausted."

Earlier this year, Anne Arundel school officials laid out options for delaying start times to anywhere from 7:32 a.m. to 9:45 a.m. along with potential complications, such as additional costs if buses are added, child care issues where late-day schedules might prevent teens from picking up younger siblings after school and impli-

cations for teams if they end up playing in the dark. Bob Mosier, spokesman for Anne Arundel schools, said no decisions have been made.

But the focus on logistics is frustrating for Heather Macintosh, spokeswoman for a national organization called Start School Later that's headquartered in Annapolis.

"What is the priority?" she said. "It should be education, health and safety. All the other stuff may not be perfect — you may have to have your violin lesson before school or install lights on your field (for sports) —

From A to w

"What is the priority? It should be education, health and safety. All the other stuff may not be perfect — you may have to have your violin lesson before school or install lights on your field (for sports) — but it will work itself out."

Heather Macintosh
Spokeswoman for Start School Later

but it will work itself out." Megan Kuhfeld, a graduate student at the University of California-Los Angeles who's been studying late-start debates since she was an undergrad at Duke University in North Carolina, surveyed some 35 districts that switched to later starts and found most were glad they'd made the switch.

Not only did students benefit, for the most part, but "the things people had feared — how transportation would be affected, how sports would be affected — became the new normal and people adjusted," she said.

But Kuhfeld knows firsthand the pros and cons of late-start high schools, having attended one in Chapel Hill, N.C. "I enjoyed waking up later than everyone in the area next to me where there were early start times," she said. But as a member of the tennis team, she had to miss sixth and seventh period classes to compete at other schools. In junior and senior year, that meant classes had to be made up. "It was hard to balance everything," she said. "I'd get home at 8 p.m. and hadn't had dinner yet."

THE ASSOCIATED PRESS



BECOME A RESPECTED SECURITY IT PROFESSIONAL

NETWORK SYSTEM IT SECURITY PROFESSIONAL (52 WEEKS)
This Diploma program is a first of its kind in the Ottawa Carlton Region the new paradigm in Career Skills Training with a Fortune 500 Corporation.

JOB OPPORTUNITIES IN:
Network Security Administrator • Systems Security Administrator
Security Technical Representative • Junior Network Security Administrator
Windows 2008 Designer • LAN Administrator



WILLIS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

for details, email: inquiries@ottawa.williscollege.com

613.233.1128 • WILLISCOLLEGE.COM • OTTAWA • SMITHS FALLS • ARNPRIOR

Sisters are doin' it for themselves: Business is booming for women

Moving on up. It's still a struggle for women to win in the working world, but they're fighting a bold battle

ASHLEY
MILNE-TYTE
TalentEgg.ca

Female entrepreneurship has always lagged behind men's — for decades, women couldn't even open a bank account without a husband or male relative co-signing — but women are making up for lost time. Between 1997 and 2013 the number of women-owned businesses leapt by 59 per cent. Today, according to American Express Open's annual report on female entrepreneurs, there are 8.6 million women-owned businesses in the U.S. Almost a



Maintaining a strong online presence is imperative in any entrepreneurial undertaking. ISTOCK

third of firms are owned by women. And female entrepreneurship is undergoing a demographic shift: back

in 1997, 17 per cent of firms were owned by women of colour. Today, that number is 31 per cent.

Julie Weeks of Womenable, a consultancy, says all this reflects women's growing educational accomplishments, experience in the workplace, and confidence. Still, entrepreneurship is far from an easy road.

"Only one in 10 or so adults in the U.S. owns their own business," she says. "It is a daunting thing to do. If you don't work, you don't get a paycheck. You have to have a certain iron gut to take that step and do it."

Although plenty of women have that iron gut, women-owned businesses bring in just four per cent of business revenues. In short, most women-owned

firms stay small. Very small. Weeks spends a lot of time talking about how female-

owned businesses can grow, employ others and help the economy. But she recogniz-

She works hard for the money

"Only one in 10 or so adults in the U.S. owns their own business. It is a daunting thing to do. If you don't work, you don't get a paycheck. You have to have a certain iron gut to take that step and do it."

Julie Weeks
Womenable

es that many women want to be "solopreneurs" — to build their work around their schedules and to serve clients on their own terms.

ASHLEY MILNE-TYTE IS A RADIO PRODUCER AND JOURNALIST WHOSE PODCAST — THE BROAD EXPERIENCE — TAKES A LOOK AT WOMEN IN THE WORKPLACE

Minding your own business

When going out on your own for the first time, a few rules apply:

- Be prepared to work hard — probably harder than you ever did in an organization. You are now responsible for landing all your own work. Many entrepreneurs need to be in perennial market-ing mode to get that next gig.
- Make sure your online presence is up to scratch — that means having an attractive website that accurately describes what you do, and using social media on a regular basis. Depending on what you do, you may also want to start a blog. Have an opinion. You need to stand out amongst many competitors.
- Stay on top of your finances. You no longer have a regular paycheck, and to bring in money you'll need to spend some money. If being your own accountant terrifies you, don't let it. There's tons of software out there that can help.

EXPLORE A WORLD OF Career Opportunities



CHASE CARD SERVICES IS HOSTING A

Career Fair

MONDAY
AUGUST 12th
FROM 5 PM TO 8 PM

Location
2220 Walkley Road, Ottawa, ON K1G 5L2

For more information
please call (613)748-8JOB (8562)

For current openings
visit us at www.chase.com/careers

We're currently looking for enthusiastic, self-motivated individuals to join our team in a variety of important roles, including:

- Business Analysts
- Team Managers
- Team Leads
- Risk Management Analysts
- Financial Service Advisors
- Credit Analysts
- Financial Service Advisors
- Customer Support Advisors

Bring your current resume and meet with us to explore a world of career opportunities at Chase.



COLLEGE DIPLOMAS IN HEALTH CARE!



CLASSES STARTING MONTHLY

Fitness and Health Promotion

Medical Office Assistant

Personal Support Worker

Pharmacy Technician

Pharmacy Assistant - NEW PROGRAM

ALGONQUIN CAREERS ACADEMY

1830 Bank Street 613-722-7811 www.algonquinacademy.com



Rafael Nadal celebrates his victory over Canadian Milos Raonic during the Rogers Cup final on Sunday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Nadal extends Canadian drought

Men's Rogers Cup. Spaniard defeats Ontario native Raonic, who is now ranked 10th in the world

Milos Raonic called it a learning experience.

It certainly wasn't the victory party the Uniprix Stadium crowd was hoping for as Rafael Nadal took only one hour eight minutes to down Canada's top tennis player 6-2, 6-2 in the \$3.49-million US Rogers Cup final on Sun-

Ascending the ranks

"With his serve, his chance to be in the top 10 for a long time is very good."

Rafael Nadal on the booming serve and bright future of young Canadian Milos Raonic.

day.

But it had taken 55 years for a Canadian just to get to the final of the country's biggest tournament, so Raonic had much to celebrate despite the defeat.

For one, by reaching the final he will be ranked 10th in the world when the next rankings appear Monday morning, making him the first

Canadian to crack the top 10. He will be the youngest player in the top 10 as well.

"The tournament overall was a great thing," the 22-year-old from Thornhill, Ont., said. "There were a lot of situations that I'm very happy with the way I dealt with them, and there were a lot of learning experiences through it all.

"A lot of stepping stones that I need to do in my career happened this week, so that's great. The match, obviously I'm a little disappointed with myself. I would have hoped to deal with that situation a little bit better."

The last Canadian to reach the final of what was then called the Canadian Open, the now 81-year-old Robert Beaudard of Sherbrooke, Que., was among the more than 11,000 at centre court to see the power-serving Raonic meticulously taken apart by Nadal's service returns and brilliant baseline play.

THE CANADIAN PRESS

Williams coasts to Rogers title

Serena Williams insists it's not as easy as it looks.

The top-seeded American breezed to her third Rogers Cup title with a 6-2, 6-0 victory over unseeded Romanian Sorana Cirstea in Sunday's final, giving Williams her eighth WTA title of the year and 54th of her career.

She didn't drop a set all week at the \$2.369-million tournament and lost only 22 games, almost half of which came

against third seed Agnieszka Radwanska in a semifinal match that proved to be the only real test for the world No. 1 in Toronto.

With the absence of top-five players Maria Sharapova and Victoria Azarenka, and the early exit of Wimbledon champ Marion Bartoli, all due to injury, Williams' path to the title was made considerably less obstructed. But with expectation comes pressure, and Williams

proved more than up to the task.

"No tournament is ever easy," said Williams. "The tournament starts and they expect you to win. And the tournament is like, 'You're going to be in the final and after your semifinal I want you to do this, and you have to do this and this press.' Who knows if I'll even make it to the semifinals?"

"It's a lot of pressure. It's not easy." THE CANADIAN PRESS



Serena Williams celebrates a point at the Rogers Cup final in Toronto on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

In pictures



1 Big win, big cup. Duf man downs the field

Jason Dufner won his first major title with a two-stroke victory over Jim Furyk at the PGA Championship.

Dufner shot a 2-under 68 on Sunday to finish at 10-under 270.

THE ASSOCIATED PRESS

2 Dropping the ball. A's blast Jays' bullpen

The Toronto Blue Jays were done in by a faltering bullpen in a 6-4 loss to the Oakland Athletics on Sunday.

After a respectable outing from starter R.A. Dickey, an eighth-inning implosion by veteran reliever Darren Oliver was enough to cost the Blue Jays a win on Canada Baseball Day. THE CANADIAN PRESS

3 He goes fast. Bolt back on top of the world

Usain Bolt restored order to the world of sprinting by reclaiming the 100-metre world championship gold he lost through a false start in South Korea two years ago. THE ASSOCIATED PRESS

Horoscopes

♈ Aries

March 21 - April 20

It can, of course, be fun taking life a day at a time but the more you look ahead and visualize where you are going the more likely it is your dreams will come true

♉ Taurus

April 21 - May 21

Make an effort to co-operate with people today, even though some of the idiots – sorry, associates – you have to deal with are annoying in the extreme.

♊ Gemini

May 22 - June 21

Keep your senses on full alert today and you could see or hear something that benefits you in surprising ways. It does not matter what the source happens to be, just make sure you are the first to react – and act.

♋ Cancer

June 22 - July 23

Greet the week with a song in your heart and a smile on your face and don't let anyone upset you in any way.

♌ Leo

July 24 - Aug. 23

Don't keep your ideas to yourself – make sure everyone knows what is buzzing around that big brain of yours. Someone in a position of power may like one of your ideas to such an extent that he backs it with money.

♍ Virgo

Aug. 24 - Sept. 23

You will enjoy being put to the test over the next seven days. It gives you the chance to show what you can do – and you can do plenty. If ever there was a time to impress important people, that time is now.

♎ Libra

Sept. 24 - Oct. 23

You may be wondering if you are smart enough to compete with people who are more experienced than you. You won't know until you try but the planets indicate you'll do okay.

♏ Scorpio

Oct. 24 - Nov. 22

Even if you are stuck behind a desk or in some other way forced to stay in one place you can imagine where you would like to be – and will be before long if you have anything to do with it. Never stop dreaming.

♐ Sagittarius

Nov. 23 - Dec. 21

Get-rich-quick schemes are rarely a good idea, so maybe you should think twice, if not three times, before signing up to something you cannot know for sure will be a success.

♑ Capricorn

Dec. 22 - Jan. 20

All may seem well with your world at the moment but don't lose sight of the fact that you have an important issue to take care of before the week ahead is done.

♒ Aquarius

Jan. 21 - Feb. 19

When dealing with people, one-to-one or in groups, focus on what you have in common rather than what divides you.

♓ Pisces

Feb. 20 - March 20

You will find it easy to express your affection for, well, just about everyone today. It's because you can see a bit of good in each and every individual. The world would be a better place if there were more people like you in it.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. ___ Bay, NS
6. Butterfingers reaction!
10. Vocalist variety
14. Input user-name/password info: 2 wds.
15. Uncommon
16. Riviere-du-___, QC
17. For everyone to hear
18. Laurentians resort, Mont-___
20. Fridge door decorations
22. The Company org.
23. "___ Boot" (1981)
24. Three, in Italy
25. Finicky
27. Train co.
29. Horse gait
31. Somewhat
35. Car company
37. Glum
38. 1965 hit for The Miracles: "___ Baby Baby"
39. "Ho ___" by The Lumineers
40. Banqueted
41. Tony Orlando's tree
42. Actress Laura
44. Common indoor nuisance
46. Apprehension
47. Had in hand
48. Cadillac ___
49. Instrument on The Beatles' "Norwegian

Wood"

51. Suffix with 'Capital'
53. Watering hole
56. Small batteries
57. David's formidable opponent
61. Group of Seven painter, ___ (b.1882 - d.1974)
64. Accustom or harden

65. Prep the present, with It
66. Betty White's "Hot in Cleveland" role
67. "Me and Bobby ___" by Janis Joplin
68. Call from the supermarket counter...
69. Reservations spot
70. Get the tea ready

Down

1. '70s music genre, ___ Rock
2. The Kinks hit
3. Excited
4. Canada, for one
5. Bitter-___ (Diehard)
6. Supper scraps
7. Propel the canoe
8. Chopped ahead of time
9. 18-wheelers
10. Totally
11. Bunch of clothes in the washing machine
12. Salmon alternative
13. Selects
19. Channel-Port aux ___, Newfoundland
21. Tea bags brand
25. Not against
26. Actor Mr. Brynner

27. Church singing group
28. Likely to
30. Singer, Lana Del ___
32. Upward
33. Sigils
34. Like the pen's blue stuff
35. Frigid
36. New Brunswick town, 'The Lobster Capital of the World'
37. Dancer's rehearsal spot
40. ISP, e.g.
43. "If I Ruled the World" rapper
44. Not him
45. Dodo Bird's status
47. Inconvenience
50. Marvin Gaye/Kim Weston duet: "It ___ Two"
52. Slenderizes
53. Like the carpenter's wood
54. Funeral rite sight
55. Town that's east of Toronto
57. Pesky bug
58. Eye: German
59. Tire swing supporter
60. Uriah ___, Charles Dickens character
62. Appropriate
63. Cheese from Quebec

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

3	9	7	2	8	5	1	6	4
1	8	5	4	9	6	2	7	3
4	2	6	3	1	7	5	9	8
5	4	9	1	3	8	6	2	7
2	6	8	7	5	4	9	3	1
7	1	3	6	2	9	8	4	5
6	3	1	5	4	2	7	8	9
9	5	2	8	7	3	4	1	6
8	7	4	9	6	1	3	5	2

		5		4			8	
	7	6		8				
3		8			6			
	8	1						7
	9		5		7		4	
4						5	2	
			8			1		2
				3		9	6	
	3			9		7		

Today

25°/13°
Thundershowers
60%

Tuesday

21°/10°
Partly cloudy

Know what the weather
will be 14 days from now.
Check the 14 day trend.

©The Weather Network 2013

visit metronews.ca

metro

QuestChat

NORTH AMERICA'S BUSIEST CHAT LINE

FREE TRIAL

613.232.4444

Other Cities 1.888.482.8282

Dial #CHAT(23428) 79/min
Text "QUEST" to 96669 55/10min
Free trial not applicable on #CHAT

questchat.com

QUESTCHAT

QUESTCHAT

*18+ RESTRICTIONS APPLY



END OF SUMMER
sunglasses CLEARANCE

*a sunny
pick-me-up*

ENJOY 30% OFF ALL SUNGLASSES
INCLUDING TRANSITIONS® AND PRESCRIPTION SUNGLASSES

visit clearlycontacts.ca/metro

See site for details



ClearlyContacts.ca™

THE BETTER WAY TO BUY EYEWEAR